



**ABCs of OPTIMAL  
SUPPLEMENTATION  
GUIDELINES**

**DOES YOUR MULTIVITAMIN CONTAIN THE  
BENEFICIAL QUANTITIES AND FORMS  
THAT YOU ARE LOOKING FOR?**

<b>Does your Vitamin Have...? (Hindering Factors &amp; Undesirable Ingredients)</b>	<b>Check if yes ✓</b>
If your multivitamin is <b>NOT</b> delivered twice a day?	
Does your multivitamin leave out the 500-600mg calcium, 400 mg magnesium, and at least 2000 IU of vitamin D3 that you need?	
Are there any micronutrients, other than D, that are over 100% DV? <b>(count how many and make checks)</b>	
Does your multivitamin contain Cyanocobalamin instead of methylcobalamin for B12?	
Does your multivitamin leave out either form of B3, niacin or niacinimide?	
Does your multivitamin leave out any of the three forms of vitamin k? (vitamin K1, vitamin K2(MK-4), vitamin K2 (MK-7)?	
Does your multivitamin leave out any form of vitamin E? (alpha-tocopherol {the synthetic dl-does not count}, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol , beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol? These may be listed as a full spectrum of tocopherols and a full spectrum of tocotrienols	
Does your multivitamin contain folic acid instead of 5-MTHR?	
Does your multivitamin contain vitamin D2 instead of D3?	
Does your multivitamin contain copper?	
Does your multivitamin contain calcium carbonate or magnesium carbonate or magnesium oxide and NOT contain citric acid to create ionic conversion?	
Does your multivitamin leave choline out of the ingredients?	
Does your multivitamin leave out any of the following beneficial but non-essential micronutrients: grapeseed extract, quercetin, CoQ10, alpha lipoic acid, L-carnitine?	
Does your multivitamin leave out the 6 mg of lutein needed to fight AMD?	
<b>TOTAL # of unwanted factors for Beneficial Q &amp; F</b>	